

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 06-26-07)

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A727 – HAM, WATER PRODUCT, FULLY COOKED, DICED, FROZEN, 5 LB



Nutrition Information

Ham, cooked, cubed, frozen

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| CATEGORY | <ul style="list-style-type: none"> Meat/Meat Alternates |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none"> Ham and water product, cured, fully cooked, ¼ inch diced. |
| PACK/YIELD | <ul style="list-style-type: none"> 8/5 lb bags per 40 lb case. One 5 lb bag AP provides 2 lb cooked lean meat and provides about 32.0 2.5-oz servings ham and water product. One lb AP yields 0.40 lb cooked lean meat and provides about 6.4 2.5-oz servings ham and water product. CN Crediting: 2.5 oz ham and water product provides 1 oz-equivalent meat/meat alternate. (Ham and water products are not all the same. Crediting information provided is for the commodity item only.) |
| STORAGE | <ul style="list-style-type: none"> Store frozen ham products in original shipping container at 0 °F or below. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. |
| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none"> Ham may be served chilled or heated. TO THAW: Remove the amount needed from frozen storage. Thaw in refrigerator at 36-45 °F for 48 hours. Use thawed ham within 24 hours. One or more freeze/thaw cycles of this product will cause moisture loss and affect quality. |

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| | 2.5 oz (71 g) |
| Calories | 85 |
| Protein | 11.26 g |
| Carbohydrate | 4.22 g |
| Dietary Fiber | 0 g |
| Sugars | 2.81 g |
| Total Fat | 2.13 g |
| Saturated Fat | 0.70 g |
| Trans Fat | 0 g |
| Cholesterol | 35 mg |
| Iron | 0 mg |
| Calcium | 0 mg |
| Sodium | 817 mg |
| Magnesium | 25 mg |
| Potassium | 577 mg |
| Vitamin A | 0 RAE |
| Vitamin A | 0 IU |
| Vitamin C | 0.0 mg |
| Vitamin E | 0.25 mg |

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| USES AND TIPS | <ul style="list-style-type: none"> • Cubed ham may be used as a salad bar or salad ingredient or used in recipes. • Ham is thoroughly cooked during processing and may be served hot in main dishes, such as pizza, soups, casseroles, and similar items or served cold in salad or any recipe specifying diced ham. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none"> • Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • To cook left-over ham, reheat to an internal temperature of 165 F for 15 seconds. • Keep meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf. |